



Saria
MORAN
DIVORCE & DOMESTIC ABUSE RECOVERY

Is it Control or Care?

A GENTLE WAKE-UP CALL
FOR YOUR POWER



Hi I'm Saria

Helping Women & Men Break Free from Toxic Relationships

Many of my clients are successful, high-functioning people—on the outside, they seem composed. But privately, they're navigating the emotional storm of separating from a toxic or controlling partner.

Abuse affects people of all backgrounds, despite the common myth that it only happens to certain people.

Maybe you're stuck in a toxic relationship. Maybe you've already left, but the emotional grip is still there. Or maybe the co-parenting chaos is keeping you hostage.

I coach women and men who are done shrinking, second-guessing, and surviving.

Whether it's the silent erosion of self-worth, the fear of co-parenting with a dominator, or the overwhelming logistics of leaving safely, I help my clients regain clarity, confidence, and control.

My approach is trauma-informed, strategic, and compassionate. I bring lived experience, professional credentials, and 15+ years in safety and wellbeing to every session.



**IF YOU'RE LOOKING FOR EMOTIONAL CLARITY,
DISCREET GUIDANCE, AND SOMEONE WHO JUST
GETS IT, YOU'RE NOT ALONE.**

When a whisper becomes a roar



**YOU'VE BEEN
WONDERING.
THAT WHISPER IN
YOUR CHEST... IT'S
NOT PARANOIA.**

It's wisdom.

**LET'S BEGIN WITH TRUTH—SOFTLY
SPOKEN, IMPOSSIBLE TO IGNORE.**

- Do you feel like you're constantly walking on eggshells?
- Do they say it's "because they love you", but your gut feels tight, not safe?
- Are your needs, dreams, or opinions slowly shrinking into silence?

This guide is a mirror, not a verdict. If these questions tug at something deep inside, keep reading.

You're not alone. And you are not imagining things.

**NO MATTER YOUR GENDER OR
BACKGROUND, CONTROL DOESN'T
DISCRIMINATE.**



Disguised as Devotion



- **They always know** what's "best for you" — but your instincts feel overridden.
- **They check in** constantly — but it feels like monitoring, not support.
- **They isolate you** from others — slowly, subtly, and then completely.
- Your emotions are always "**too much**" or "**not enough**" — you're never quite right.
- Somehow, **you're always to blame** — their bad days, outbursts, or distance.

**THESE AREN'T QUIRKS. THESE ARE CUES.
THE LANGUAGE OF CONTROL IS SUBTLE—UNTIL
IT'S NOT.**



Red Flags



- **They frame your boundaries as rejection.**
Anytime you try to set a limit, they act hurt, angry, or make you feel guilty.
- **They weaponize your vulnerability.**
What you shared in trust gets used against you in arguments or manipulation.
- **You constantly question your memory or instincts.**
You hear, "That's not what happened," even when you're sure it did. Classic gaslighting.
- **They isolate you under the guise of exclusivity.**
"We don't need anyone else!" Slowly, your world shrinks to just them.
- **Their mood sets the tone—for everything.**
You're on alert. If they're off, your day is ruined. Peace depends on their emotional weather.
- **Love feels conditional.**
Affection is earned, not given. One "wrong" move and the warmth disappears.
- **They control the narrative.**
From finances to friend groups, you're made to feel incapable or like you "shouldn't worry about it."
- **They dismiss your accomplishments or dreams.**
Your growth is seen as a threat, not a celebration.
- **You feel more anxious than empowered.**
Being around them doesn't make you feel safe—it makes you feel small or on edge.
- **Your intuition keeps tapping you on the shoulder.**
Something always feels... off. That's not drama. That's data.

**WHEN YOU DOWNPLAY WHAT'S HAPPENING,
YOU DOWNPLAY YOUR OWN POWER.**

Here's what starts to vanish

YOUR
JOY

YOUR
VOICE

YOUR
SENSE OF
SELF

You deserve love
that nurtures—not
one that chips away
at who you are.

**CARE SHOULD FEEL
GROUNDING.
NOT LIKE A TIGHTROPE.**

WHAT YOU CAN DO (WITHOUT SHAME OR PANIC)

Listen to your intuition. Albert Einstein once said "The rational mind is a faithful servant and the intuitive mind is a sacred gift. We have created a society that honors the servant and has forgotten the gift." A kind reminder to trust our deeper knowing.

- **Name what's happening. Whether in a private journal, voice memo, or safe conversation.**
- **Reclaim your space. Reconnect with who and what strengthens you.**
- **No perfect plan needed. You don't need to decide everything today. But self-trust starts now.**
- **You are not weak for feeling stuck. You are powerful for wanting something more.**
- **When love starts to hurt more than it heals, it's time to check the foundation.**

If you need support, guidance,
or just to breathe again: visit
www.sariamoran.com or book
a free call [HERE](#)

**Safety is not optional.
And real love - mutual, kind,
and free - is still possible.**

With strength and grace,

Saria

